

Stride Program



Woodward
Reaching. Teaching. Nurturing. Since 1957

About

Woodward's Stride Program provides students with the opportunity to explore a variety of career clusters while discovering their strengths, interests, and skills. The Stride Program is designed to teach job specific skills in an authentic environment.

While working towards a high school diploma, students will gain a head start in learning both technical skills and employability skills needed for postsecondary careers. After successful completion of the Stride Program, students will be better equipped to transition into employment, further technical training, and/or attend a two or four year college.



Mission

Woodward has been reaching, teaching, and nurturing students for over 60 years. The mission of Woodward's Stride Program is to guide students and families in career exploration and the development of realistic goals and clear postsecondary plans. In the Stride Program, students select a concentration and embark on a journey to advance their knowledge and technical skills to secure postsecondary employment or further education.

- ★ We pledge to encourage students to reach their maximum potential in an engaging, inspiring, supportive, and challenging learning environment.
- ★ We pledge to teach each of our students the social emotional skills necessary to face life's challenges.
 - ★ We pledge to assist our students with the exploration of career goals, all of which will help them live their life to their fullest potential and become contributing members of society.
- ★ We pledge to value that meeting the student's continuum of needs is dependent on school, family, and community collaboration.
- ★ We pledge to create a trauma-informed, resilience-focused, learning environment ensuring all our students feel safe, heard, understood, supported, and ready to learn.

Our goal always is to stand tall with
our students every day.

Programs

- ★ Apparel and Textiles
- ★ Carpentry
- ★ Clerical
- ★ Cosmetology
- ★ Culinary
- ★ Digital Media
- ★ Graphic Design and Marketing
- ★ Landscaping and Horticulture
- ★ Maintenance
- ★ Manufacturing
- ★ Nursing Assistant
- ★ Personal Trainer
- ★ Sales Associate



Benefits of the Stride Program

- ★ Improve Attendance
- ★ Improve Academic Achievement
- ★ Develop a Sense of Independence and Mastery
- ★ Practice Decision-Making and Problem-Solving
- ★ Improve Communication Skills
- ★ Engage in Career Exploration
- ★ Foster a Sense of Citizenship Through Community Service
- ★ Participate in Internships
- ★ College Application Building
- ★ Resume Building
- ★ Improve Self-Esteem
- ★ Gain Employability Skills
- ★ Practice Time Management and Organization Skills
- ★ Foster Teamwork
- ★ Networking

Apparel and Textiles

Students will gain knowledge and skills in the apparel and textiles industry to be able to pursue postsecondary education, training, and employment. Students will develop their practical skills by engaging in the clothing making process from concept to construction. They will become familiar with sewing, finishing, and embroidery techniques both by hand and using machines. Alterations, tailoring, and mending skills will be advanced through practice in real world environments. Students will also learn how to launder, steam, and press garments appropriate to the unique properties of different fabrics.



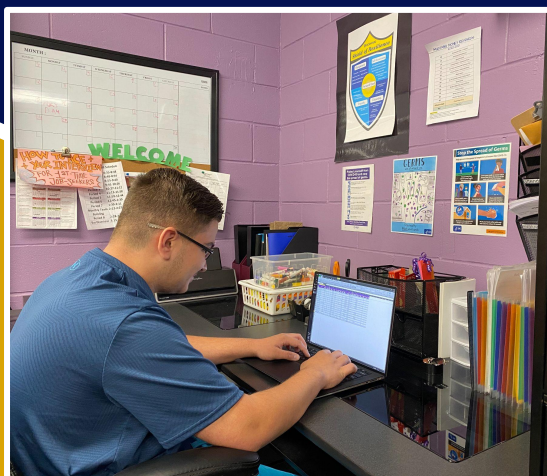
Carpentry

The purpose of this program is to enable students to develop the skills in the craft and trade of carpentry. Students will be expected to learn about and safely use hand tools, power tools, and woodworking machinery. The projects are designed to give students as much experience as possible by using many different machines and tools. This program provides students with the knowledge and skills needed to prepare for advanced training and the potential to enter a Pre-Apprenticeship Program.



Clerical

Students will learn the core skills needed when working in an office setting. Students will learn the basic functions of faxing, copying, filing, and mailing. Students will gain proficiency in keyboarding skills, MS Office, and various other applications needed to operate as an administrative or office assistant. Students will learn how to complete mail merges, design presentations, manage databases, complete online research, update websites, manage calendars, and much more. Students will learn proper etiquette and responses when answering phones and taking messages. Students will be provided with a practical approach aimed at equipping them with the technical and professional skills to perform effectively as clerical personnel.



Cosmetology

Cosmetology is the term used to include a broad range of areas, including hair, skin, and nails. Students will become versed on the latest styles and techniques used today while also learning the techniques necessary to prepare for advanced training and certification. Students will learn a vast array of beauty products and their chemistry. Students will learn about the legal and ethical responsibilities associated with personal care. Topics include: salon business/retailing, infection control, shampoo/conditioning, design concepts, trichology, haircutting, hairstyling, formal styling, chemical texture, hair coloring, nail care and skin care.



Culinary

Students will develop the culinary knowledge and practical skills needed for postsecondary education related to culinary arts, food service and/or food production. This program will prepare students with practical skills needed to start a career in the food service industry. After demonstrating proficiency in all aspects of cooking, baking, and hospitality, students will have the opportunity to practice and master skills in an authentic environment. Students have an opportunity to earn the National Restaurant Association Educational Foundation's five-year ServSafe certification.



Digital Media

Students in the Digital Media Program will explore the field of digital photography and video production. Using a DSLR camera, students will document special events, performances, and ceremonies as well as provide images and video for marketing purposes. They will gain proficiency in computer operations related to photo and video editing, and publishing finished products to different platforms. Students will develop effective communication skills in a team environment as well as through their digital media, incorporating storytelling techniques and fundamentals of composition. Emphasis is placed on hands-on experiences in a collaborative environment.



Graphic Design and Marketing

In this course, students learn the fundamental principles of graphic design and marketing. Students gain proficiency in computer operations related to digital design programs. Students develop marketing plans and campaigns. Emphasis is placed on collaboration in a team environment where students learn and implement all stages of product development. This course incorporates hands-on experience where students take each project from concept to completion.



Landscaping and Horticulture

Students will gain the knowledge, skills, and trends found in the horticulture, floral, and landscaping industries. These courses will cover landscape ecology, plants, and design, as well as landscape construction, installation, and maintenance.

After demonstrating proficiency in all aspects of landscaping and horticulture, students will have the opportunity to practice and master skills in an authentic environment. Students will have an opportunity to complete a safety training course in OSHA.



Maintenance

Students will gain proficiency in routine building maintenance and minor repair. Through a blend of classroom instruction and hands on technical education, students will learn essential skills that prepare them for advanced technical training or entry to a career in this industry. Students practice and hone their skills in school-based and community settings. At the conclusion of the Maintenance program, students will have the opportunity to complete a safety training course in OSHA.



Manufacturing

Through manufacturing, students will integrate technological processes as well as maintain and operate various tools and machinery used in production. Students develop an understanding of design for manufacturing products, as well as industrial safety, workflow, and production development. Through a blend of classroom instruction and hands on technical education, students will learn essential skills that prepare them for entry to a career, postsecondary education or advanced technical training.



Nursing Assistant

This course provides instruction in basic nursing theory and the skills necessary to provide care in hospitals, nursing homes, patient's homes, and other healthcare facilities. Course content is related to safety, comfort, and rehabilitation of patients.

Students will learn about diversity in the workplace and how to treat patients/residents with respect and dignity.



Personal Trainer

Students will develop skills to work with others to achieve their health and fitness goals.

Emphasis will be placed on learning the structure and function of the human body as it applies to movement integrating exercise physiology, anatomy, biomechanics, fitness testing, equipment usage, health assessments, nutrition and hands-on practical training labs with role-playing drills on assessing clients, programming, performing proper exercises, presentation skills and more. Successful completion of the Personal Trainer Program prepares students to pursue a Personal Trainer Certification.



Sales Associate

Students will engage in career exploration in all aspects of the sales industry using school-based and community placements. After demonstrating proficiency in the core skills of customer service, organization, and point-of-sale (POS) system operations, students will expand their knowledge base to include entrepreneurship, leadership, marketing, and personal finance. Students will be prepared to work in various retail positions including cashier, courtesy clerk, store greeter, and stock room manager.



Application



Application for Stride Program

Name: _____ Date: _____

Please rank your interest in Stride Programs from the following list. Please select your top choices by numbering them in order of preference (1= most interested). Please put an **X** on any programs you are NOT interested in.

<input type="checkbox"/>	Apparel and Textiles	<input type="checkbox"/>	Digital Media	<input type="checkbox"/>	Manufacturing
<input type="checkbox"/>	Carpentry	<input type="checkbox"/>	Graphic Design	<input type="checkbox"/>	Nursing Assistant
<input type="checkbox"/>	Clerical	<input type="checkbox"/>	Landscaping	<input type="checkbox"/>	Personal Trainer
<input type="checkbox"/>	Cosmetology	<input type="checkbox"/>	Maintenance	<input type="checkbox"/>	Sales Associate
<input type="checkbox"/>	Culinary				

Please initial each affirmation:

____ I understand that my success in the Stride Program requires consistent attendance.

____ I understand that my success in the Stride Program requires continued participation.

____ I understand that my success in the Stride Program requires engagement and class participation.

____ I understand that my success in the Stride Program requires long-term personal commitment.

Student Signature

Date

Parent/Guardian Signature

Date

To obtain more information about the Stride Program, contact Woodward's Vocational Coordinator, Melissa Rosenholtz at mrosenholtz@woodwardchildren.org



Woodward
Reaching. Teaching. Nurturing. **Since 1957**